

# CEC

**COMMUNITY & ENRICHMENT CENTER  
WEEKLY NEWSLETTER  
OCTOBER 8, 2021**

## FALL JOURNAL PROMPTS

Fall is a time of letting go, reflecting, slowing down, and indulging your five senses with comforting and beautiful smells, tastes, sights, and sounds.

## MINDFUL ENGAGEMENT PODCAST DISCUSSION GROUP

The goal of this discussion group is to provide a space where we can be contemplative as well as up-to-date.

## RECIPE: IRON SKILLET APPLE PIE

Using an iron skillet for this pie creates a flaky, golden brown crust layered up with spiced Granny Smith apples.

## WHAT'S HAPPENING?

Find out what's happening at the CEC. Plus our September Meet and Eat Schedule



# FALL JOURNAL PROMPTS

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1. Remember a trip you took in the Fall. Where did you go and what is memorable about it?
2. What do Autumn leaves remind you of? Why?
3. If little you could be here now, how would they feel about your situation this autumn? What would they tell you to do?
4. What is a childhood memory from the Fall?
5. What is an adult memory from the Fall?
6. What is a fresh start you'd like to make in your life this Fall to carry you through the rest of the year?
7. Which of your habits is really helping you now? How can you build off of it? Which of your habits is getting in your way right now? How can you work with this habit to make it less of a roadblock?
8. What do you no longer have time or space for in this new season of your life?
9. What is something intriguing and new you'd like to try, learn, or experience this autumn?
10. What needs to be burned to the ground to make space for something new?



**SENIOR PLANET  
EVENT | FREE**

# **MINDFUL ENGAGEMENT PODCAST DISCUSSION GROUP**



## **Date & Time**

Tue October 19 | 11:00am–12:00pm MDT

## **Location**

Online

## **Description**

The goal of this discussion group is to provide a space where we can be contemplative as well as up-to-date. We will interchangeably discuss episodes from the podcasts 70 over 70 and Make Me Smart, where we will get to discuss topics ranging from “What it means to live well,” to “Can capitalists save the planet?”, to “Where did all the chicken wings go?” Pre-registration is required. To register, please email [rsvp@seniorplanetavenidas.org](mailto:rsvp@seniorplanetavenidas.org) and indicate whether you would like to attend the Tuesday or Wednesday session. You will then receive an email response back with the login information.

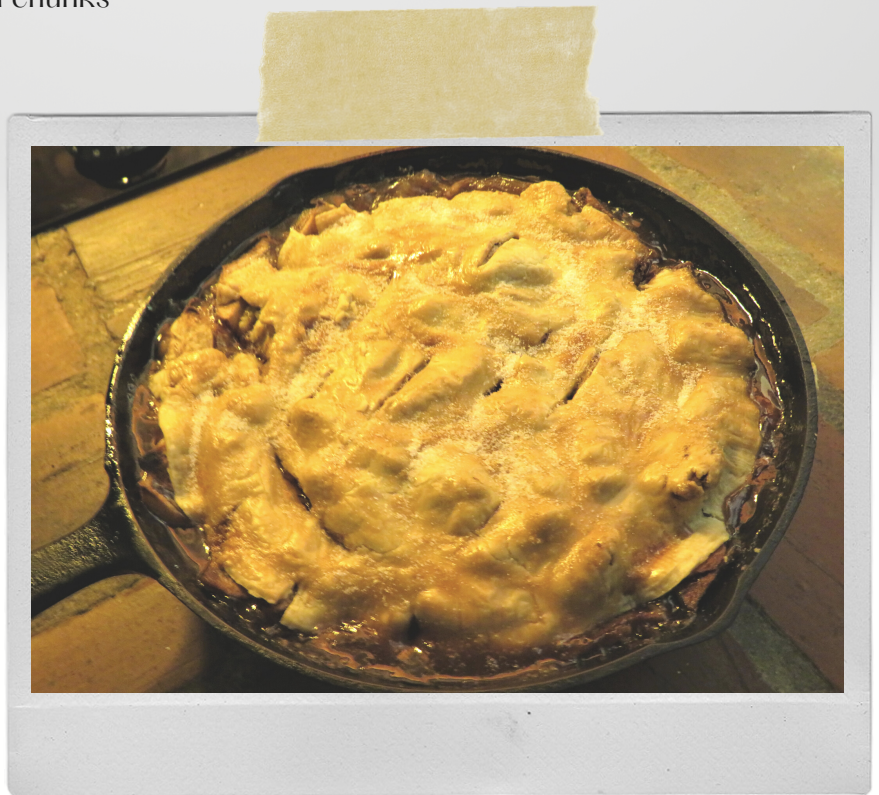




# IRON SKILLET APPLE PIE

## INGREDIENTS

- ½ cup butter
- 1 cup brown sugar
- 5 Granny Smith apples -- peeled, cored, quartered, and thinly sliced
- 3 (9 inch) refrigerated prerolled pie crusts
- 1 cup white sugar, divided
- 2 teaspoons ground cinnamon, divided
- ¼ cup white sugar
- 1 tablespoon butter, cut into small chunks



## DIRECTIONS

1. Preheat oven to 350 degrees F.
2. Place ½ cup butter into a heavy cast iron skillet, and melt butter in the oven. Remove skillet and sprinkle with brown sugar; return to oven to heat while you prepare the apples.
3. Remove skillet, and place 1 refrigerated pie crust on top of the brown sugar. Top the pie crust with half the sliced apples. Sprinkle apples with ½ cup of sugar and 1 teaspoon of cinnamon; place a second pie crust over the apples; top the second crust with the remaining apples, and sprinkle with ½ cup sugar and 1 teaspoon cinnamon. Top with the third crust; sprinkle the top crust with ¼ cup sugar, and dot with 1 tablespoon of butter. Cut 4 slits into the top crust for steam.
4. Bake in the preheated oven until the apples are tender and the crust is golden brown, about 45 minutes. Serve warm.



# WHAT'S HAPPENING?



## YUMA PUBLIC LIBRARY PROGRAMS

Did you know the Yuma Public Library offers a variety of programs for all ages? Find out more by visiting their website:

[yuma.colibraries.org](http://yuma.colibraries.org)

## MEET AND EAT

Our community based meal site offers meal services on a reservation basis. A \$4 donation is suggested for individuals age 60+, \$12.50 for guests under 60 years of age. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.



## TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

Call 970-848-0407 to find out more!

## HAVE IDEAS?

Are you interested in learning a new skill? Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.




# MEET AND EAT OCTOBER 2021

NECALG Area Agency on Aging is proud to offer our communities 4 kitchens and 11 meal sites in Logan, Morgan, Phillips, Sedgwick, Washington, and Yuma counties. Community based meal sites offer meal services on a reservation basis. A \$4 donation is suggested for individuals age 60+, \$12.50 for guests under 60 years of age. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

## Contact Information:



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OCTOBER 2021 YUMA MEAL SITE				
FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 7:30 A.M.				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>For Reservations Call 848-2038 by 7:30 a.m. the day you want the meal.</p> <p>If you must cancel your meal, please do so by 7:30 a.m. the day of the meal.</p>	<p>Menu may change due to availability of food items or conditions that cause the kitchen to close.</p> <p>Suggested Donation - \$4.00</p> <p>Under Age 60 Mandatory Charge - \$12.50</p>		 <p>Happy Halloween</p>	<p>SCALLOPED POTATOES &amp; HAM WINTER MIX VEGETABLES CARAWAY ROLL TROPICAL FRUIT CUP OATMEAL CHOCOLATE CHIP COOKIES</p> <p>Calories: 721 Carb: 96.5g Fiber: 9.6g Protein: 32.8g Fat: 24.5g Sod: 1001mg</p>
<p>CHICKEN TETRAZZINI MARINATED VEGETABLE SALAD COUNTY MIX VEGETABLES ONION ROLL PINEAPPLE TIDBITS</p> <p>Calories: 677 Carb: 88.8g Fiber: 10.9g Protein: 37.0g Fat: 21.7g Sod: 573mg</p>	<p>4</p> <p>CORN TACO CASSEROLE REFRIED BEANS TOSSED GREEN SALAD w/ DRESSING FRUIT CUP</p> <p>BIRTHDAY RECOGNITION</p> <p>Calories: 664 Carb: 89.9g Fiber: 13.2g Protein: 35.8g Fat: 20.0g Sod: 763mg</p>	<p>5</p> <p>SPRING GARDEN CHICKEN CALIFORNIA VEGETABLES ANNA'S DILLY BREAK BANANA SPLIT FRUIT CUP</p> <p>SENIOR MEETING ~ 12:00</p> <p>Calories: 667 Carb: 80.4g Fiber: 9.9g Protein: 44.7g Fat: 20.6g Sod: 742mg</p>	<p>6</p> <p>HAM &amp; BEANS WALDORF SALAD CORN MUFFIN MANDARIN ORANGE w/ BANANAS APPLE GRANOLA COOKIES</p> <p>Calories: 795 Carb: 123.3g Fiber: 14.9g Protein: 30.8g Fat: 22.9g Sod: 1077mg</p>	<p>7</p> <p>ROAST BEEF MASHED POTATOES w/ GRAVY PEAS &amp; CARROTS OATMEAL ROLLS PEAR ORANGE FRUIT CUP BUTTERSCOTCH BROWIES</p> <p>Calories: 732 Carb: 107.3g Fiber: 10.3g Protein: 33.9g Fat: 20.9g Sod: 757mg</p>
<p>CHICKEN NOODLE SOUP CRACKERS PEAS BLUEBERRY MUFFIN PINEAPPLE MANDARIN ORANGE COMPOTE DARK BROWNIE</p> <p>Calories: 706 Carb: 101.4g Fiber: 11.9g Protein: 40.0g Fat: 17.9g Sod: 423mg</p>	<p>11</p> <p>BRAISED BEEF MASHED POTATOES HARVARD BEETS ROLLS CINNAMON APPLE SLICES OATMEAL RAISIN COOKIES</p> <p>Calories: 660 Carb: 104.5g Fiber: 10.6g Protein: 28.0g Fat: 16.8g Sod: 867mg</p>	<p>12</p> <p>SWEET &amp; SOUR PORK RICE SPINACH CAULIFLOWER SALAD WW ROLL PEAR ORANGE FRUIT CUP</p> <p>Calories: 712 Carb: 106.9g Fiber: 9.9g Protein: 32.0g Fat: 19.1g Sod: 481mg</p>	<p>13</p> <p>BAKED FISH BAKED POTATO CAROLINA SALAD ANNA'S DILLY BREAD SLICED BANANAS</p> <p>Calories: 638 Carb: 106.1g Fiber: 9.7g Protein: 29.8g Fat: 13.5g Sod: 907mg</p>	<p>14</p> <p>SALISBURY STEAK MASHED POTATOES PEAS &amp; CARROTS ONION ROLL PEAR SLICES ORANGE JUICE</p> <p>Calories: 745 Carb: 95.3g Fiber: 10.1g Protein: 43.6g Fat: 22.9g Sod: 739mg</p>
<p>18</p> <p>BEEF STROGANOFF w/ NOODLES LAYERED SALAD WINTER MIX VEGETABLES WW ROLL FRUIT CUP</p> <p>Calories: 640 Carb: 88.2g Fiber: 10.5g Protein: 37.1g Fat: 17.7g Sod: 714mg</p>	<p>SPAGHETTI w/ MEATSAUCE TOSSED GREEN SALAD w/ DRESSING GARLIC BREAD CINNAMON APPLE SLICES</p> <p>Calories: 610 Carb: 89.0g Fiber: 11.6g Protein: 30.3g Fat: 18.0g Sod: 413mg</p>	<p>19</p> <p>BRUNSWICK STEW GREEN BEANS w/ TOMATOES ONION ROLL WINTER FRUIT CUP OATMEAL NUT COOKIE</p> <p>Calories: 672 Carb: 80.8g Fiber: 9.9g Protein: 36.9g Fat: 24.4g Sod: 620mg</p>	<p>20</p> <p>SWISS STEAK BAKED POTATO ITALIAN VEGETABLES BRAN MUFFIN SLICED BANANAS</p> <p>Calories: 723 Carb: 95.5g Fiber: 12.9g Protein: 41.5g Fat: 22.2g Sod: 528mg</p>	<p>21</p> <p>TUNA PENNE CASSEROLE CABBAGE TOSS BRAN MUFFIN APRICOT HALVES CINNAMON CRISPIES GRAPE JUICE</p> <p>Calories: 752 Carb: 118.9g Fiber: 11.6g Protein: 31.4g Fat: 20.6g Sod: 665mg</p>
<p>25</p> <p>SWEDISH MEATBALLS MASHED POTATOES STIR FRY VEGETABLES WW ROLL PEAR ORANGE FRUIT CUP</p> <p>Calories: 645 Carb: 97.3g Fiber: 11.5g Protein: 33.4g Fat: 15.9g Sod: 663mg</p>	<p>BARBECUE CHICKEN BROCCOLI POTATO SALAD BRAN MUFFIN TROPICAL FRUIT CUP</p> <p>Calories: 700 Carb: 90.9g Fiber: 10.7g Protein: 41.9g Fat: 21.5g Sod: 1160mg</p>	<p>26</p> <p>SMOTHERED PORK CHOP OVEN BROWNED POTATOES GREEN BEANS w/ CORN ONION ROLL MANDARIN ORANGES &amp; BANANAS OATMEAL NUT COOKIE</p> <p>Calories: 815 Carb: 107.1g Fiber: 9.7g Protein: 39.9g Fat: 27.7g Sod: 620mg</p>	<p>27</p> <p>TUNA CROISSANT POTATO SOUP SUPREME CARROT RAISIN SALAD APRICOT HALVES</p> <p>Calories: 777 Carb: 125.5g Fiber: 11.2g Protein: 36.3g Fat: 18.1g Sod: 981mg</p>	<p>28</p> <p>CABBAGE BURGERS BROCCOLI SALAD OREGON BERRY COMPOTE APPLE GRANOLA COOKIE</p> <p>Calories: 650 Carb: 89.7g Fiber: 11.5g Protein: 29.3g Fat: 21.5g Sod: 534mg</p>